



**PARKS AND
RECREATION**

FITNESS HAPPENS.....

TRIM TIGHTEN AND TONE WORKOUT CLASS!

AUGUST 29TH – OCTOBER 5TH

Brainerd Recreation Complex

NO CONTRACTS

6:00-7:00 pm

Tuesdays & Thursdays

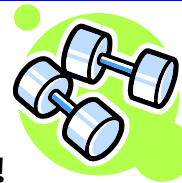
This is a “6-week” class

\$55.00 for ALL 6 WEEKS

Body fat testing, monthly newsletter, strength training, free weights, resistance bands, CARDIO and more! *Designed to tone your thighs, buttocks, arms, abs, increase your stamina and have fun!!!*

**Taught by Christine Post “My goal is you’re Results”
Nationally Certified Personal Trainer and Aerobic**

Instructor Email: Xercise@comcast.net



423-698-2578 to reserve a spot!